



MAY | 2018

Chattanooga Girls Leadership Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spicy Chicken Sandwich on Whole Grain Bun Sliced Tomato Spring Mix Crinkle Cut Fries Choice of Grapes and Banana Choice of Milk	2 Taco Salad with Tortilla Chips Romaine Lettuce Diced Tomato Diced Green Pepper Black Olives Choice of Banana and Orange Choice of Milk	3 Hamburger on Whole Grain Bun Spring Mix Baked Beans Celery Sticks Choice of Apple and Banana Choice of Milk	4 Turkey and Cheese Wrap on Whole Grain Tortilla Whole grain Goldfish Graham Fresh Broccoli and Carrots Cucumber Stick Choice of Banana and Raisins Choice of Milk
7 Whole Grain Personal Pizza Spring Mix Diced Mushrooms Shredded Carrots Choice of Pear and Banana Choice of Milk	8 Whole Grain Chicken Quesadilla Shredded Carrots Diced Tomato Black Olives Sliced Cucumber Choice of Banana and Raisins Choice of Milk	9 Whole Grain Breaded Mozzarella Sticks Marinara Sauce Cup Steamed Broccoli Black Beans Choice of Orange and Banana Choice of Milk	10 Uncrustable PB&J Mozzarella Cheese Stick Whole Grain Graham Cracker Broccoli Salad Black Beans Choice of Apple and Banana Choice of Milk	11 Whole Grain Breaded Chicken Nuggets Whole Grain Cheez-its Broccoli Salad Baked Beans Choice of Apple and Banana Choice of Milk
14 Whole Grain Crusted Alaskan Pollock Whole Grain Roll Romaine Lettuce Shredded Carrots Diced Tomato Choice of Banana and Raisins Choice of Milk	15 Whole Grain Burritos Shredded Carrots Diced Tomato Black Olives Slice Cucumber Choice of Apple and Raisins Choice of Milk	16 BBQ Pork Sandwich Romaine Lettuce Diced Green Peppers Shredded Carrots Baked Beans Choice of Apple and Banana Choice of Milk	17 Salisbury steak Whole Grain Roll Steamed Broccoli Buttered Beans Choice of Banana and Raisins Choice of Milk	18 Meatball Sub Marinara Sauce Steamed Cauliflower Celery Sticks Choice of Orange and Banana Choice of Milk
21 Whole Grain Breaded Fish Sticks Baked Beans Broccoli Salad Choice of Banana and Raisins Choice of Milk	22 Turkey and Cheese Wrap on Whole Grain Tortilla Whole grain Goldfish Graham Fresh Broccoli and Carrots Cucumber Stick Choice of Banana and Raisins Choice of Milk	23 Spicy Chicken Sandwich on Whole Grain Bun Sliced Tomato Spring Mix Crinkle Cut Fries Choice of Grapes and Banana Choice of Milk	24 Uncrustable PB&J Mozzarella Cheese Stick Whole Grain Graham Cracker Broccoli Salad Black Beans Choice of Apple and Banana Choice of Milk	25
28	29	30	31	

News

Lunch Includes

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

***A lunch must include ½ cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

>Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers

>Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker